



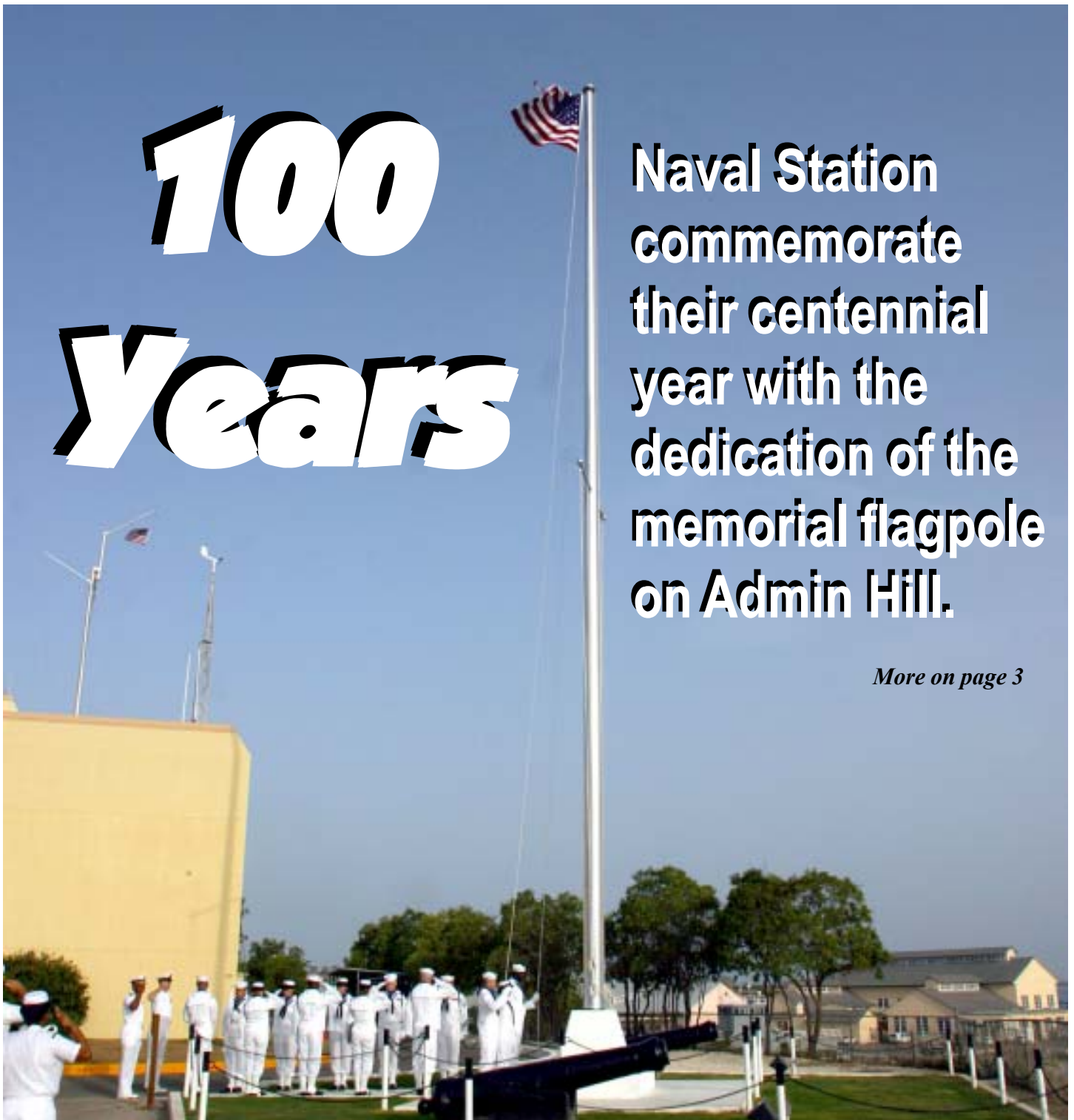
Vol. 60 No. 31

Friday, August 1, 2003

100 Years

**Naval Station
commemorate
their centennial
year with the
dedication of the
memorial flagpole
on Admin Hill.**

More on page 3



Force Protection

Avoid giving unnecessary personal or operational details to anyone. GTMO's mission is critical and you are an important part of it. Think OPSEC!

Energy Conservation

Plant grass or ground cover on exposed land to prevent topsoil erosion. Landscaping also reduces the amount of reflected heat reaching the building shell.

Water Conservation

July 21 - 27

Used 7,432,000.0
Daily avg. 1,061,714.3
Daily goal 1,000,000 gal

We were **\$8,208.00** over budget for the week.

U.S. Naval Base Guantanamo Bay Gazette

Commander, Naval Base
CAPT Leslie J. McCoy
Chief Staff Officer
CAPT Michael Fair
Command Master Chief
CMDM(SS) Al Steiner
Public Affairs Officer
JOC Richard Evans
Gazette Editor
JO1 Amy Kirk

This newspaper is an authorized publication for members of the military services stationed at Naval Base Guantanamo Bay. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

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E-mail:

pao@usnbgtno.navy.mil

Gazette On-line:

www.nsgtmo.navy.mil

Feeling Stressed Out? FFSC Can Help



Stress Management Class

Where: Fleet and Family Support Center

When: Thursday, August 7th
Time: 2 to 4pm

Call 4141 to register.



The
Fleet & Family Support
Center

Base Indoc

August 11 – 15
at the FFSC

All military, DoD civilians, and spouses are encouraged to attend! Call 4141 to sign-up!

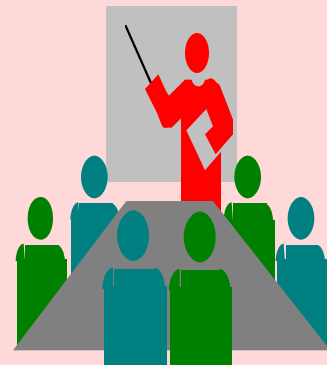
Come Out and Meet Your
Emergency Services
Personnel

NATIONAL
NIGHT
OUT

America's Night Out Against Crime

August 5th
Cooper Field, 5 to 8pm

Prepare Now for College Classes



Prepare now for your Term I college classes at City Colleges of Chicago! The Navy College Learning Center offers Beginning Algebra and Intermediate Algebra. These courses meet CCC prerequisite requirements for Chem 121 and Math 118.

The NCLC is located in Room 11 on Chapel Hill. Our hours of operation are Monday-Thursday, 10am to 7pm, and Saturday, noon to 4pm. FMI, contact Ellen Soucy at x. 3997

Centennial Dedication

Naval Station personnel gathered Thursday morning for an awards quarters, and to dedicate the newest addition to the Headquarters Building grounds. Recently the flagpole and cannons from in front of the old COMNAVBASE HQ, building 760, were moved to their new home on the northeast corner of the current COMNAVBASE building, building 2144. Thursday's ceremony dedicated the flagpole to the 100 year celebration of Naval Base operations at Guantanamo Bay. Negotiations to establish a U.S. Naval Base at Guantanamo Bay began in February 1903 with major agreements and tennents of the lease being agreed upon in July of that year. In December 1903, the final signatures were afixed to the lease agreement and the first Naval Station Commanding Officer was designated. Below: Capt. Les McCoy assists CTAI Jennifer Barnes with the dedication placard. Right: Naval Station personnel stand in formation as the Color Guard raises the flag during colors.



Photo by JOC Ric Evans



Photo by PH2(SW) Terry Matlock

1-866-U-ASK-NPC Becomes Fleet's Single Access Point to Navy Personnel Command

By JO2 Laura Goulding

Navy Personnel Command Center for Career Development

Sailors soon will have just one toll free phone number to remember for getting information on personnel issues, such as advancement, pay and benefits, status of orders and Perform to Serve.

Navy Personnel Command is in the process of consolidating approximately 30 independent toll-free numbers to connect to 1-866-U-ASK-NPC and the Web-based Customer Service Center (CSC) at www.staynavy.navy.mil, to enhance its service to the fleet by becoming the single contact/access point for all active, Reserve and retired Sailors and their families.

When calls are received on the old numbers, they will be rerouted to the CSC where agents will be prepared to either answer their questions or route them to the subject matter experts. By Sept. 1, the toll-free numbers will be discontinued, and callers will receive a referral message to use the 1-866-U-ASK-NPC (1-866-827-5672/DSN

882-5672).

Since CSC's establishment in May 2002, they have provided personalized customer service to nearly a half million active, Reserve and retired Sailors and their families on a variety of pay, service record and promotion issues.

"By aligning the NPC access point for the fleet to one clearly identifiable toll-free number, 1-866-U-ASK-NPC, we will help thousands of servicemembers and their families, and alleviate confusion as to what number to call at NPC for a particular personnel/career-related inquiry. The NPC Customer Service Center will do what it takes to ensure inquiries are addressed and answered quickly and comprehensively. This is but one way NPC is focusing on the career information needs and Quality of Life of its customers," stated Capt. Jim Gigliotti, director, Center for Career Development.

For all career information questions, contact 1-866-U-ASK-NPC or visit www.staynavy.navy.mil.

NEWS BRIEFS

Get a Glimpse of GTMO's Past

The Society of American Military Engineers is sponsoring a presentation by the Archeological and Historical Resources Survey Team currently conducting research in the Guantanamo Bay area.

Members of the Guantanamo Bay military and engineering communities are invited to attend this unique and fascinating glimpse at Guantanamo Bay's past at 11:30am August 6 in the Windjammer Club Ballroom.

Meet New NEX Manager

The GTMO Community is invited to come and meet the new Navy Exchange General Manager at the NEX/Commissary Advisory Board Meeting, August 6 at 2pm in Bulkeley Hall Locke Auditorium.

Not only will you get great information about the happenings at the Exchange but you will also have the opportunity to win a prize.

Spouses Seminar Committee Car Wash

The Spouses Seminar Committee is having a car wash Saturday, August 2 from 9am to 1pm in the NEX parking lot.

Please tell a friend and bring your vehicles to be washed.

Navy College News

The CLEP English Composition with Essay exam will be offered for the final time as a paper based exam between October 6-20. Those desiring to take the exam must contact the Navy College Office to sign up no later than September 3. Only those signed up will be allowed to participate. You can respond via email to UlfersJC@usnbgtno.navy.mil.

Test dates for August are the 8th and 22nd at 1pm, please arrive no later than 12:45pm on test date to the Navy College Office to check in.

The new SAT exams have been ordered, however they will not be given until September or later. The ACT exam is available.

For a complete listing of available exams offered via DANTES please visit the following web page: www.dantes.doded.mil and click on Examination Programs and follow the links.

Thanks For The Memories Armed Forces Mourn Loss of Bob Hope

The passing of Bob Hope, the "Soldier in Greasepaint," brings to mind all the time and effort that the performer and patriot spent on bases and ships to entertain our servicemen and women.

In recent years, the Armed Forces celebrated his support by making him an honorary military veteran, an honorary Blue Angel, and commissioning USNS Bob Hope, a high capacity strategic sealift ship.

"I kind of like that, you know, because if I want to go anywhere, I just call for my ship," said Hope about the ship named for him.

The USO tradition of Bob Hope shows began nearly 70 years ago, and lives on through its continuous support for troops stationed worldwide.

Hope explained in a past interview why it was so important to visit servicemembers for so many years. "Satisfaction, because, just like I said before, the fact that I've been doing it for so long, and the fact that you can do it, and do something, for our service guys. These guys are doing a hell of a lot for us, and that's a great satisfaction to me."

Bob Hope was buried in a private service. President Bush ordered flags to half-staff that day at all military installations and ships.

Hope visited GTMO in 1960 with Zsa Zsa Gabor and again in 1971 with Jim Nabors, Charley Pride, Jill St. John, and various other musical acts and actors as part of his 21st Christmas Tour of military bases overseas.

Hope was a master at tailoring his shows to the audience. He took along such screen sirens as Lana Turner, Jane Russell, Jayne Mansfield and Anita Ekberg as "whistle bait." He had writers interview troops for the latest gossip about the food, the officers, the base - and then used the tidbits for his monologue.

From the service members, who had the opportunity to see his live performances, to those who have had more than a few chuckles at his "Road Show" movies and television specials, Bob Hope will be missed. His contributions to the morale of those who serve their country will not be forgotten. Thanks for the memories, Mr. Hope.

Thanks for
Your Service!



In January 1971, entertainer Bob Hope (center) and other guests salute while playing the Star Spangled Banner during a ceremony to award Hope the Distinguished Public Service Award. Later that year, during his USO Christmas Show, Hope and other entertainers would give a few laughs to those stationed here in GTMO. (U.S. Navy Photo)

GTMO's PTO Receives Second Newman's Own Award for Children's Theatre Group

The Honorable Charles S. Abell, Principal Deputy Under Secretary of Defense (Personnel and Readiness), assisted in the presentation of \$50,000 in grants to eight volunteer organizations for their innovative programs to improve military quality of life.

Mr. Abell joined Kenneth Fisher, Chairman, Fisher House Foundation; Tom Indoe, Chief Operating Officer of Newman's Own; and Elaine Howard, President, Military Times Media Group, in a July 22, 2003 ceremony at the Pentagon's Hall of Heroes where recipients of "The Newman's Own Awards for Military Community Excellence" were announced.

For the second year in a row, Guantanamo Bay's Parent and Teacher Organization received a \$2,000 grant for its "Missoula Children's Theater" project.

Missoula Children's Theatre is the nation's largest children's theater program. The sponsoring organization, W.T. Sampson Elementary School PTO, requested a grant to help pay for a team of actors/directors and their equipment to travel to Guantanamo Bay to develop and produce a full-scale musical with 40-50 military children in the cast.

This is the fourth year that Newman's Own, Fisher House Foundation, and Military Times Media Group have jointly sponsored the program which seeks to reward ingenuity and innovation for volunteer organizations working to improve military family quality of life. The challenge was straightforward: "Present an innovative plan to improve the quality of life for your military families and receive funding to carry out the plans."



Students from W.T. Sampson took center stage last year at the Windjammer in the western-style Wizard of Oz production, "Wiz of the West." Costumes and set designs were all provided by the Missoula Children's Theatre.

A total of 100 entries were received. Six judges, two from each of the sponsoring organizations, evaluated each entry based on the organization's impact to the respective communities, creativity and innovation. To be eligible, each organization was required to certify that it was a private or nonprofit organization operating with authority of a military installation commander. Every organization submitting an entry receives a certificate of recognition from Paul Newman.

Jamaican Pre -Independence Day Celebration



Monday, August 4

4pm in the Windjammer Ballroom



Traditional Jamaican Food Served Buffet Style -

Ackee and Saltfish, Jerk Pork and Chicken, Rice, Peas and Johnny Cakes

Awards Presentations; DJ

*Come out and
enjoy the celebration!*



TaeKwonDo Summertime Update- More Student Promotions

As we head into the middle of summer, the TaeKwonDo Head Instructor reminds all students to be safe out there. Don't go on leave in the states and show off your talents without proper supervision from parents or other experienced Martial Arts authority figures.

For the students on the island throughout the summer, classes take place through August. August class schedules continue, but with limited number of classes and instructors. That means the possibility of one instructor per class at times throughout the month. The instructors normally pick the month of August for rest and relaxation. It is uncertain at this time whether the instructors will take a full week off or not at this time. Students will be informed ahead of time if schedule changes go into effect in August.

For students who have transferred, or returned home following their tour here, the GTMO TaeKwonDo Instructors wish you all the best in your journeys and good luck with your continued training stateside in the Korean Martial Arts of TaeKwonDo.

During the summer it is normal to see large fluctuations in student enrollments. With the large turnover of base personnel and JTF personnel, student enrollments fluctuate. Don't worry. The remaining students will receive great opportunities for



Above: Kylee Barnett performs a Poomse during testing.

Left: Samantha Davis breaks two boards with an elbow strike



quality training. Take advantage of this time while you can. An increase of students is anticipated throughout the coming months, especially during September and October.

The TaeKwonDo Instructors are proud to let the community know that training has continued non-stop since August 26, 2002. Except for holiday periods, GTMO Taekwondo has continued training week after week, throughout the year.

Unlike many seasonal sports, TaeKwonDo becomes a way life for most students who desire the training. Their efforts to be successful help them to reach higher skill levels through the certification process of the World TaeKwonDo Federation. Many of our JTF students serving six month tours here have a great opportunity to engage in Taekwondo, train hard, and excel through the ranks more quickly than they would stateside. This is due to the frequency of classes offered throughout the week. Which is one reason there the monthly fee of \$20 was instituted to allow MWR to support all the classes offered. This affordable

fee allows students a greater opportunity to participate in more sessions than they would be able to at many higher priced TaeKwonDo training facilities in the states.

For those permanent party personnel here on two to three year tours, it is a great opportunity to excel and reach the highest level of First Degree Black Belt at the GTMO TKD Dojang. The concentrated training available here makes this a reasonable goal for many in GTMO.

TaeKwonDo Instructors would like to wish everyone a safe and happy summer. Stay cool out there, drink plenty of water and be careful during your continued training. For students remaining on island through August, please bear with us as we limit our classes in August in order to provide a little relief for the instructors.

For the month of June and July, we would like to congratulate the following students on their promotions to the following ranks.



Matthew Hernden reaches for the sky with a perfect high front snap kick

Congratulations on a job well done and for all your hard work, dedication and commitment to the Martial Arts of TaeKwonDo.

Yellow Belt: Isabella Aguirre, Cameron Sode, Derek Sode, Alexandria Wright, Tawn Johnson;

Purple Belt: Jimmy McNair, Sherill Small, Bruce Patrick, Kylee Barnett, Suzanne Wegner, Starlet Sanders, Paul Prince;

Purple Stripe Belt: Michelle Wegner, Jimmy McNair, Paul Prince, Bruce Patrick;

Green Belt: Jimmy Prince;

Green Stripe Belt: Matthew Hernden;

Blue Belt: Cliff Boyd, Carol Nines, Samantha Davis, Mario Veliz, Lisa Urenda;

Blue Stripe Belt: Chris Sherwood, Shannon Sic, Troy Midora;

Brown Belt: Kelly Baggett, Kimberly Baggett;

Brown Stripe Belt: Vince Burns;

Red Belt: Julie Dillard.

Reef Raiders Honored by PADI; Hold Used Gear Sale

Reef Raiders Dive Club was honored Thursday, July 31 by the Professional Association of Dive Instructors (PADI).

Representatives recognized Reef Raiders with an award for their 50 years of service to Guantanamo Bay.

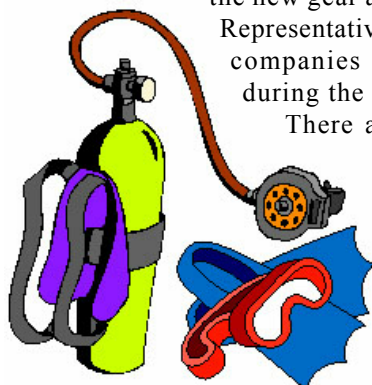
The event also included a free Scuba Seminar and a chance to win free SCUBA gear.

Also, it's time for another Used Gear Sale at Ocean Enterprises. The sale is: Friday, August 1, 2 to 7pm; Saturday, August 2, 9am to 6pm; and Sunday, August 3, 9am to 6pm.

Come join us under the big tent to see what's for sale. Can't find it under the tent? Join us inside to view the new gear and great deals we have.

Representatives from various SCUBA companies are here to assist you during the sale.

There are many great deals to find so don't miss it. Also, don't forget about the free SCUBA Seminar on Friday, August 1 at 7:30pm at the Reef Raiders Dive Club. You could win you free scuba gear.



All girls ages 4 to 6
are invited to join the
Daisy Girl Scouts at the
Ceramics Shop

Friday, August 8th
3 to 5 pm

Please bring \$5 to cover the
cost of supplies. You don't
have to be a registered girl
scout to attend.
POC Tonja, 7328.



Labor Day Car Show

Monday, Sept. 1

Downtown Lyceum, 10am to 2pm

Registration begins August 15th. Register by August 30th.

Categories - Sedan, 4x4, Truck, Motorcycle,
Military, SUV and GTMO Special
Trophies - Best in Show, Best Paint,
Best Motor, Best Detail.

Refreshments and Give-aways, too!
FMI, call 2345.



FYI

Ferry Lane Assignments

With the increase in personnel and vehicles going back and forth between Windward and Leeward, the rules regarding Ferry Lane Assignments need to be enforced. Please note the following:

1) In order to ensure maximum loading, vehicles may not necessarily be loaded in order of priority. Also, in certain instances, a smaller vehicle of lower priority may be loaded when remaining space aboard the ferry is insufficient to load a larger vehicle.

2) The Load Master and/or Ferry Captain has authority to refuse to load any vehicle and passenger.

Lane assignments at both ferry landings are designated for the following:

Lane One:

- Government emergency vehicles engaged in an emergency operations (Base Police vehicles, fire trucks, ambulances, Explosive Ordnance Disposal (EOD), Marine minefield vehicles, etc.);
- Government vehicles carrying perishable and/or frozen food;
- Loaded MAC Terminal baggage trucks and U.S. Mail trucks;
- Contraband Inspection Unit and Naval Courier vehicles engaged in mission operations.
- Official military vehicles carrying Senior Officers (O-6 and ABOVE);
- Those vehicles authorized by the Port Services Officer (MCSFCO fence line change out).

Lane Two:

- Contractor and government vehicles on official business*

Lane Three:

- POV's and all other vehicles.

*Official business does not include the transfer of personnel and luggage to the air terminal for outbound/incoming flights. Those government and contractor vehicles found to be carrying personnel and luggage will be removed from lane two and directed to proceed lane three.

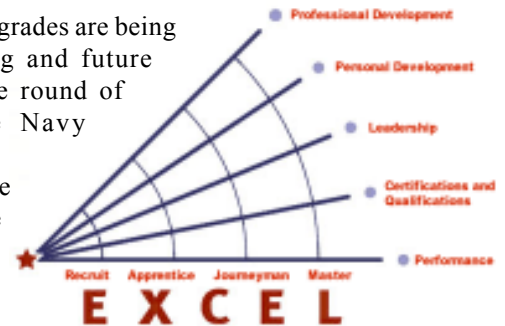
Questions regarding the Ferry may be directed to the Port Service Officer at 4898, 4560 or 4275.

Rating Surveys Critical to Success of Sea Warrior

From Chief of Naval Personnel Public Affairs

Enlisted Sailors in all ratings and pay grades are being encouraged to improve Navy training and future readiness by participating in a unique round of surveys under the Improving the Navy Workforce (INWF) Study.

The INWF study, ongoing since June of last year, is designed to improve training across the spectrum of Navy enlisted classifications and ratings by capturing all the knowledge, skills, abilities and tools Sailors need to do their jobs. The study is a fundamental element of making Sea Warrior effective, and the results will have a dramatic effect on how the Navy trains its Sailors in the future.



“INWF forms the very backbone of our efforts to streamline the development of our people,” said Chief of Naval Personnel Vice Adm. Gerry Hoewing. “If we can get an accurate picture of what is required for each Sailor to do his or her job, then we can get an even better picture of how to train to those skills. It’s all about closing those gaps. The collection of these surveys is a monumental undertaking, but it will be well worth the effort.”

The rating surveys actually comprise phase two of the INWF project. Phase one involved collecting basic information about each rating from specific subject matter experts. This phase now asks Sailors to validate those findings.

The surveys are available online for many ratings at www.navyskills.net, and the Web site will feature more each week. Sailors in the Cryptologic Technician ratings, Aeorographer’s Mates, Information Systems Technicians, Mess Management Specialists, Aviation Boatswain’s Mates (Fuel and Handling), Storekeepers, Quartermasters and those in several other ratings can take the survey now. Eventually, all ratings will be represented.

Commenting on the project and the vital role Sailors play in completing the surveys, Master Chief Petty Officer of the Navy (SS/AW) Terry Scott said, “It is so important for Sailors to complete this survey, and give us feedback from the deckplates. What we learn from Sailors now will drive occupational standards and training in years to come. This is another example of how Sailors are our most important resource.”

The results of each survey will be incorporated into the Sea Warrior database, which will continue to refine the scope of Sailor skills, so training matches future readiness needs.

“Everyone’s input is crucial,” added Hoewing. “The success of Sea Warrior depends on it.”

The Sea Warrior program implements our Navy’s commitment to the growth and development of our people. It will serve as the foundation of warfighting effectiveness by ensuring the right skills are in the right place at the right time. Led by the Chief of Naval Personnel and Commander, Naval Education and Training Command, Sea Warrior will develop naval professionals who are highly skilled, powerfully motivated, and optimally employed for mission success.

To access the surveys, go to www.navyskills.net/surveymodule, click on “Register,” type “2003NAVY” in the company code block, click register and follow the instructions. When the registration portion is completed, Sailors must save their information and the system will generate a user name and password; this will help Sailors logon in future aspects of Sea Warrior data collection.

The Smoking Lamp Is Out: How to Quit Today

It's so romantic.

He leans slowly towards her. Shyly, she turns her cheek for his kiss.

No, wait. She's turning away from his gross yellow teeth, his foul tobacco breath.

If you want romance, tobacco is not your friend.

Tobacco isn't pretty: showering ashes, stinking butts, choking smoke, burning holes in your uniform, spitting out chew juice, or, worse, swallowing it.

And it's not cheap: \$3, \$4, (\$7 in New York) a pack. At \$4 a day, that's \$1,460 a year. A nicotine mistress quickly burns up your cash, leaving little for dinner and a movie, much less savings for your sweetheart's engagement ring.

Since the Department of the Navy announced smoke-free working and living spaces, there has been no good news for Navy and Marine Corps personnel who are slaves to nicotine. Ironically, nicotine can be used to help smokers become non-smokers.

"The nicotine patch, gum, and nasal spray are all safe, if used properly," says Capt. Larry Williams, Dental Office, Naval Training Center Great Lakes. "There are no safe forms of tobacco."

Dip, chew, snuff, cigars, cigarettes, herbal cigarettes - smoked, chewed, inhaled (directly or indirectly) - are all bad news for personnel using tobacco.

Anyone who has ever used tobacco knows quitting is not an easy task. But they also know how destructive tobacco can be to their health, well being, and readiness in the fleet.

Sometimes it takes more than one try to kick the habit for good. Just by reading this article, you have made a first and important step toward becoming smoke-free.

Tobacco use in DoD has dropped significantly in the last two decades, generally mirroring civilian rates. But 30 percent of the active duty force still smokes. "Since 1995 there hasn't been much change in that percentage," said Lt. Col. Wayne Talcott, an Air Force psychologist who is co-chairman of the DoD Alcohol Abuse and Tobacco Use Reduction Committee. "We'd like to see a continued downward trend." He said DoD hopes to meet the U.S. Department of Health and Human Services' Healthy People 2010 goal of a 12 percent smoker rate. DoD spends \$930 million per year on healthcare for smoking-related illnesses and lost productivity in DoD beneficiaries, Talcott said.

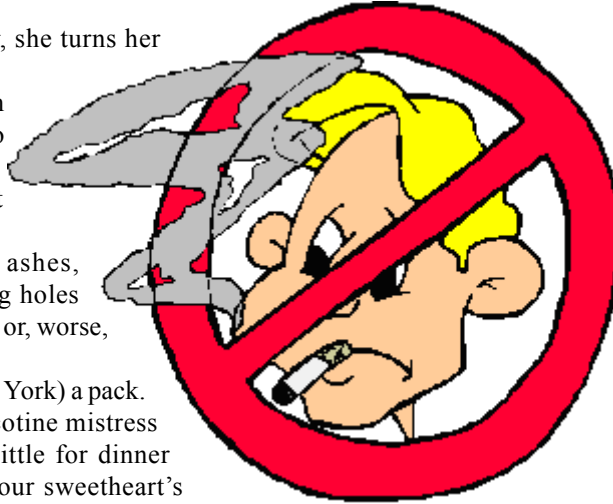
So were can you go for help in quitting? You need only pick up the phone and call Naval Hospital's Central Appointment line at 7-2100 and ask about the Smoking Cessation Program.

What Is a Smoking Cessation Program?

The no-cost, quit-smoking programs offered by the Navy and Marine Corps are support systems of classes facilitated by trained health professionals to aid you in quitting all forms of tobacco (including smokeless tobacco). From these classes, you are offered:

- ♦ coping skills and behavior-changing techniques to help you quit successfully
- ♦ group support from others who are also quitting
- ♦ course materials to guide you through the quitting process
- ♦ resources and follow-up to ensure you stay on track
- ♦ free pharmaceutical aids (nicotine patch, gum or Zyban)
- ♦ the benefits of a smoke-free life

Pre-registration may be required. A referral from your physician is not needed to join the Navy or Marine Corps programs. Most classes are offered on a rotating basis, so you can begin the program at almost any time. In as little as one hour per week, you can be on your way to being tobacco free.



Worship Services

Catholic Mass

(Main Chapel) **Monday - Friday**
Daily Mass (Cobre Chapel) 0630

Friday

Holy Hour/Rosary 1700
(Cobre Chapel)

Saturday

Reconciliation 1630
Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900
La Santa Misa (Spanish) 1100
Eucharistic Adoration
(Cobre Chapel) Daily 24hrs

Protestant Services

Sunday

Services - Main Chapel 1100
Praise & Worship 1830

New Life

(Main Chapel) **Sunday**
Worship Service 1245
Sunday School (Sanctuary B) 1130

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

Sunday

Sunday Sacrament 0900

Monday

Families Home Evening
1800

Wednesday

Ladies Relief Society 1900

Thursday

Young Women 1900

Jewish

(Fellowship Hall)

Every Friday 2000

Filipino Bible Fellowship

(Sanctuary A) **Sunday**

Worship 1800

Iglesia Ni Cristo

(Sanctuary B) **Sunday**

Worship 2000

Pentecostal Gospel Temple

(Sanctuary C) **Sunday**

Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B) **Saturday**

Divine Service 1100

Islamic Service

(Classroom 18) **Friday**

Worship 1300

United Jamacian Fellowship

(BLDG. 1036 - Next to Phoenix Cable)

Sunday Service 1100 & 1830

Camp America Chapel

Sunday

Praise & Worship 0900
Bus Transportation available at 8am,
Windward Loop and 8:15am, TK.

*For information about
Sunday School, Education
Programs, Bible Study,
Prayer Groups, etc. Call the
Chaplain's Office at 2323.*

Staghorn Coral

Creature Feature

*"Creature Features" are submitted by The Guantanamo Bay
Environmental Office*

By Amy Lambertsen

There are over 400 species of Staghorn coral (*Acropora cervicornis*). This fast growing coral can inhabit one single reef in the form of hundreds of colonies and each colony is made of millions of coral polyps. They grow fast in order to gain more space on the reef. They usually increase in height or length by about 4 inches per year. Staghorn Coral is sometimes considered the building block of reef systems because at one time it was one of the most abundant coral species and still is one of the most important habitat sources for many other reef organisms. They are found throughout the Florida Keys, Bahamas, Caribbean, and the western Gulf of Mexico area in warm, very oxygenated waters, usually about 5 to 15 meters deep, where the sunlight still penetrates the surface.

Staghorn coral has calcium-based branches, which are cylindrical and can grow from a few centimeters to over 2 meters in length. Staghorn coral colonies can grow 7 or more feet in height and their cylindrical "antler-like" branches can grow from a few centimeters to over 2 meters in length and height so that the polyps are raised above the sand. Each polyp has a set of three tentacles and the polyps extend outward

The diet of Staghorn coral consists of nutrients provided by algae growing in their tissues, which also provides carbon to the coral for respiration. It uses nematocysts, or stinging cells located in the tentacles of the polyps to catch small fish and planktonic organisms. The food caught provides phosphorus and nitrogen for both the coral and the algae.

Staghorn Coral was added to NMFS (National Marine Fisheries Service) candidate species list in 1999 due to its 95% decline in population in many areas. Due this status, it is illegal to damage or remove Staghorn coral from reef environment. Some problems affecting Staghorn coral originate from global warming and changes in weather patterns, which create conditions that corals cannot survive. Other factors affecting the population of Staghorn coral are human related such as recreational diving (kicking and grabbing the coral), boat anchors, and human waste. Several diseases known to kill Staghorn coral are White-Band Disease, caused by several bacterial species, such as *Serratia marcescens* and *Arcobacter*. Infected coral colonies will appear to have lost their pigment at the base and the disease moves up until it has consumed the thin layer of tissue, leaving the white limestone skeleton of the coral exposed and the coral colony itself dead. Other factors affecting their population are predation, cold-water influx, sedimentation, bleaching, and damage from strong waves caused by storms. Scientists have been working on developing a Staghorn coral nursery in the hopes of growing small colonies and planting them where old colonies have died out. By this they hope to help the Staghorn coral species make a comeback in its numbers.

COMNAVBASEGTMOINST 1710.10H prohibits taking live coral off the reef. Divers need to be careful not to drag consoles or other equipment over the coral while boaters need to ensure they do not drop anchor on the reef, all of which can break off years of growth instantly. If you see a violation, call the Game Wardens at 4105.



Staghorn Coral

Report poachers, they are stealing from you.

Environmental Note: Amy Lambertsen has worked with the Environmental Office as a High School Senior doing her Student Practicum and as a Summer Hire. Amy will be leaving us on 11 August to attend the University of Tampa where she will major in Marine Biology. Amy has been a major contributor to the Environmental Office and she will be missed. Good luck Amy.

Recycling - Just Do It!



Environmental Reminders

- ✓ Gray and Yellowtail Snapper season closed in July
- ✓ Lobster season closed in Manatee Zone
- ✓ Snook season closed May, June, and July
- ✓ Think about this: Americans throw away enough aluminum to rebuild the commercial aircraft fleet every three months. Recycle!
- ✓ Help keep plastic and other debris out of the water and off the beaches
- ✓ 20 Recycle tickets earns you a free T-shirt

GTMO SHOPPER

FOR SALE

(1) Gateway 800MHZ/256MB memory/256KBCache 80GB HD with HP Laser Printer, Window XP Professiona, \$200. Call Abby, 8091.

(1) Available in Miami for immediate occupancy: 1/1 fully furnished condo unit in brand new building located in the Coral Gables area. Swimming pool, gym, covered parking, valet parking and 24/7 security. W/D, corner unit with balcony. Willing to rent with 3 month, 6 month, or 1 year lease (w/military clause). Call 3462 DWH or 7379 AWH.

(1) Dell Latitude CPI laptop computer - Pentium II 366, 128MB RAM, CDROM, Floppy Drive, external HP CD-RW, software not included. Asking \$200. FMI, call 5879.

(2) 19" color TV, practically new, \$125. Call Hector, 3468.

(2) Computer joystick, MS Sidewinder 3D Pro, new, \$10; Weber 22" BBQ, \$15; Kenmore canister vacuum cleaner, \$10; paperback books; and assorted linens and towels. Call 5212 for an appointment.

(3) Canopy swing - seats 3, \$50. FMI, call 7528 AWH.

(3) Kolcraft Perfect Height Baby Swing. Converts into High Chair. Multi speed with lights and music. Near new condition, \$40. Johnny Jumper, \$5. Please call Janelle DWH 7-2625 AWH 7844.

(3) Bunk Bed. Top part twin - bottom part queen size futon. Includes twin mattress and extra thick queen size futon mattress. Will throw in two sets of matching sheets for both beds. \$200. Call 7517 after 5pm.

(3) Metal Kitchen Table w/ Glass Top and 4 chairs, 4 Large Carpets, Glider Chair w/ Ottoman, Crib/Toddler Bed Mattress, 2 4' X 8' sheets Masonite. Call Bryan at 5629.

(3) PENTIUM II 233MHZ Computer with peripherals, Windows '98, CD/DVD ROM, CD burning programs and scanner.

Asking \$400 OBO. Call Corey at 7918.

(3) 1 pair Danner Gortex Boots, size 15R. Worn 5 times. \$150 OBO. Call GM2 Hedrick at 8201 after 5pm.

(3) Infant traveling bassinet in excellent condition. Paid \$50, asking \$20 call Dana at 5816.

VEHICLES/BOATS

(1) 2000 Yamaha YZF R-6, several modifications, \$6,000. Call Mark at 7088.

(1) 1991 Toyota Celica ST - Silver, Great condition, Brand New AC, AM/FM CD. asking \$4,000 OBO. Contact Ron at 5879, leave message if no one answers.

(1) Toyota Tercel in excellent condition. NO RUST. NEW TIRES. Manual Transmission. Asking \$2,500, OBO. Call Chastain at 8346/3729.

(2) 1992 GTX jet ski w/trailer. Motor runs good. \$1,100 Call 7401.

(2) 1980 Dodge Challenger - very good engine and body. Asking \$1,500 OBO. Call Bernie, 2550.

(2) Harley Davidson Electra Glide Classic, like new fully loaded, 3,100 miles, AM/FM/Cass, etc. Asking \$15K. Serious inquiries contact Dave at 7123 AWH.

(2) 1998 Ford Escort Sport coupe, deep red, five speed manual transmission, great car in excellent condition asking \$4,500. Not a GTMO special! Call Kim, 7672.

(3) GTMO SPECIAL - 1985 Ford Crown Victoria, 4dr, recently new tires, battery and alternator asking \$1,500 OBO. Call John, 3538/8630.

(3) 1984 Toyota truck - good engine. Please call 2550/6272/6350.

(3) 1998 Chevy Malibu, 4-door, V-6, Auto, AC, PW, PL, \$5,000 OBO. Available in August. FMI, call Janelle DWH 7-2625 or AWH 7844.

(2) 1984 Ford F-150, 4K miles on newly overhauled engine, manual tranny. Great transportation or hauling, new tires, new radio, 6cyl. Asking \$2,800 OBO. Call/lv msg, 7809.

EMPLOYMENT

The following are job vacancies currently open through the Human Resources Office. Call 4441 for more information.

Vacancies:

Clerk (Medical Records) - closes 08/15/03

Office Automation Assistant - closes 08/07/03

The following are positions available at W.T. Sampson Elementary School/High School: Office Automation Assistant (GS 0326-4/5) - For information, call 3500. Applications are available in the elementary school front office.

Available positions for School Year 2003/2004 - Sure Start Education Aide, Kindergarten Education Aide, Special Education Aide and Lunch Monitor.

The W.T. Sampson Unit School is always accepting applications for Substitute Teachers. Stop by the front office at the elementary school for an application.

CERTIFIED AEROBIC AND SPINNING INSTRUCTORS - The GJ Denich Gym is looking for certified aerobic and spinning instructors. If you have these qualifications and are interested in joining the MWR Team, call DD or Karissa at 2193.

MEDIA AND MARKETING ASSISTANT - The MWR Media and Information Office is looking for a media and marketing assistant. If you have qualifications and are interested in joining the MWR Team, stop by the MWR Personnel Office and fill out an application, or call 4323.

Many full-time positions are available at your NEX - Support Services Supervisor, Cashier/

Checkers, Cash Cage Cashiers, Room Attendant (Navy Lodge), Store Workers, Customer Service Clerk and Warehouse Worker. Also, Barbers, Hairstylists and Manicurists who have current stateside licenses, full-time or part-time. Call 4119 for more info.

PETS

Free to a loving home, 2yr old female cat. Lucy is spaid & declawed. Call 7528 after 5pm.

Blue point Himalayan cat who loves attention and is very playful. Great attitude, clean, and very handsome. He is declawed, neutered, registered, and very healthy. This is a very selective adoption to a good home only. Call Kim, 7672

ANNOUNCEMENTS

LICENSE PLATES are back—If you'd like to order a personalized GTMO plate, email officer67@aol.com. Price \$25.

YARD SALES

Saturday, Aug. 2 - Center Bargo 1172, starts at 8am. Little bit of this and a little bit of that - clothes, computers, games, kitchen appliances, etc.

Final Yard Sale....Clothes Clothes Clothes - Nob Hill 10B - August 2 at 7am.

PERSONALS

We would like to say "thank you" to the GTMO community for all the support offered to us while awaiting resettlement to our new home. A special thanks goes to the Navy, Kvaerner and Burns & Roe, the NEX, and MWR for providing us with employment opportunities. Muchisimas Gracias! From Osmani Guillama, Yorkis Peneda, Jorge Magdalena, Jose Saavedra, Rafael Caboverde, Jesus Leyva, David Gutierrez, and Antonio Otero.

TERMINATOR 3: RISE OF THE MACHINES

Sci-Fi/Action

1hr 48min

Starring:

*Arnold Schwarzenegger,
Nick Stahl,
Claire Danes*

A decade has passed and John Connor is now 25. He prevented "Judgement Day" and now lives "off the grid" - no home, no credit cards, no cell phone and no job. There is no record of his existence and no way he can be traced by Skynet, until out of the shadows of the future steps T-X, Skynet's most sophisticated cyborg killing machine.



PIRATES OF THE CARIBBEAN

Action/Adventure
2 hrs. 23 min.

Starring:

*Johnny Depp,
Orlando Bloom,
Geoffrey Rush*

This is the story of a gentleman rogue of a pirate, Jack Sparrow, who teams up with the daughter of a governor to stop the evil plan of a ship of dangerous pirates who are trying to reverse an ancient curse that leaves them stuck between life and death.



LEGALLY BLONDE 2

Comedy

1hr 34min

Starring:

*Reese Witherspoon,
Sally Field,
Luke Wilson*

Elle Woods takes her legal savvy and fashion sense to Washington DC to push an anti-animal testing bill through Congress.



THE ITALIAN JOB

Crime/Action

1hr 44min

Starring:

*Mark Wahlberg,
Edward Norton,
Charlize Theron*

A mastermind thief pulls off an amazing gold bullion heist from a heavily guarded palazzo in Venice, Italy, only to be double-crossed by one of his crew. Seeking revenge, he travels to California, planning to re-steal the gold.



Movies

FRIDAY, AUG 1

8pm Finding Nemo

G 100min

10pm The Italian Job

PG13 104min

SATURDAY, AUG 2

8pm Daddy Day Care

PG 94min

10pm Confidence

R 98min

SUNDAY, AUG 3

8pm Charlie's Angels 2

PG13 103min

MONDAY, AUG 4

8pm Legally Blonde 2

PG13 94min

TUESDAY, AUG 5

8pm Pirates of the

Caribbean

PG13 150min

WEDNESDAY, AUG 6

8pm The In Laws

PG13 102min

THURSDAY, AUG 7

8pm Terminator 3

R 108min



Big Stick Battle of the Bay

Army vs Navy E7 & Above
Softball Game

August 9

6pm at Cooper Softball Field #4

FMI call 2193

Captain's Cup Flag Football Season Begins

Men and Women's Division

Roster Sign-up began July 28

Sign-up at the Base Gym

Sign Up Deadline is 4pm, August 14

Coaches meeting 2pm August 11
at the Base Gym

Live in Concert All Mighty Senators

August 20

Camp Bulkeley Lyceum - 8pm

August 21 & 22

Windjammer Club - 8pm

Teen Center Paintball Tournament

August 12th & 13th

1pm at the Paintball Range

Sign-up at the Teen Center

Vacation Planning at MWR ITT

The MWR ITT staff will assist with travel arrangements for any location in the world.

MWR ITT hours of operation are Mon - Fri

7:30am to 4:30pm. Find out information

about special attractions, hotels, car rentals and more. The MWR ITT Office

is located in the base library.

FMI call Andre Gordon at 4700

Parent's Night Out at CDC

August 16th 6:30pm to Midnight

A reservation fee of \$2.50 is due by July 16th to hold a spot for your child(ren). An

additional fee of \$1.50 is due for each additional child. The reservation fee is

nonrefundable. One hour-\$2.50, two hours-

\$5 and three or more hours-\$12.

FMI call 3664

For more information on any of the events listed above, call 5225.